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**1968**





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HADASSAH is the most powerful body of women in Canada, in one of the greatest humanitarian movements of the century. "It is only when we serve others, and know that we are needed, that life becomes rich and meaningful."

HADASSAH is the Women's Zionist Organization of Canada, an active participating member of the Zionist family. It has fraternal affiliation with the Canadian Council of Women, and Canadian Association of Consumers, and is also represented in the Canadian Jewish Congress. The membership numbers 16,000 members.

HADASSAH through its Public Relations and Publicity programme serves as interpreter for Hadassah and Israel to the non-Jewish public, as well as to its own members.

### *Message from the President of Hadassah-Wizo Council of Winnipeg*

1968 marks another anniversary, the Golden Jubilee Year of Canadian Hadassah-Wizo. Members of this organization, the largest women's organization in Canada, look back with pride to the accomplishments of the past fifty years.

In working to raise funds to maintain the State of Israel, we have at the same time done much to increase Canada's trade.

Advertisers, and members alike, must be aware that dollars raised here, are deposited in the Bank of Canada, on which the State of Israel draws to purchase Canadian goods needed in their economy.

We therefore thank you, advertisers, for helping us in our mission, to help maintain the Homeland of the Jews, while stimulating the economy of our own nation, Canada.

Mrs. B. Schwartz,  
President,  
HADASSAH-WIZO COUNCIL OF WINNIPEG.

# **THIS IS CANADIAN HADASSAH-WIZO**



## **HEBREW UNIVERSITY:**

Canadian Hadassah-Wizo has made an important contribution to the cultural and academic life of Israel through its association with the Hebrew University.

**THE CHAIM WEIZMANN MEMORIAL BIOLOGY SCIENCE BUILDING** has been built and equipped by Canadian Hadassah-Wizo.

**CANADA HALL**, a lecture hall and auditorium seating 400, was the first building to be established on the new campus in Jerusalem and was the first building in Israel to bear the name of Canada.

**VINCENT MASSEY HALL** of the Jewish National and University Library, built by Canadian Hadassah-Wizo and dedicated on February 11, 1962, during the 19th Biennial Convention, is the most recent contribution of the organization and honours the former Governor General of Canada, the Rt. Hon. Vincent Massey.

During the 19th Biennial Convention held in Israel, the new project for the Hebrew University was launched; namely the establishment of a **DEPARTMENT IN CANCER RESEARCH**. A research fellowship is being granted to a Canadian working in the specific field of cancer research, selected by the Canadian Cancer Society.

## **MEDICAL SERVICES:**

The Medical Services program of Canadian Hadassah-Wizo assist the:

**MAGEN DAVID ADOM** (Red Star of David) in providing a blood donor clinic and fractionation center at Jaffa and in building a First-Aid Station at Kfar Saba;

**POLIO REHABILITATION CENTER AND HYDRO-THERAPY POOL** (at Sarafand). Canadian Hadassah-Wizo is the sole agency in Canada for polio rehabilitation in Israel; has built a hydro-therapy pool and rehabilitation center at Sarafand.

The temporary **HOSPITAL** at Eilat bears the name of Canadian Hadassah-Wizo.

## **HADASSIM:**

The children's and youth village of Canadian Hadassah-Wizo, Hadassim, was established in 1947 and is today one of Israel's showplaces. It has distinguished itself by showing what a school can be like when modern educational methods are adapted to the needs of a pioneering country. The teaching program is highly progressive and all subjects are taught by the project method. Agricultural training is part of the curriculum at this modern school, where children are housed in small family units. Proof of the high regard in which the school is held is the fact that a Government-sponsored seminary for rural school teachers has been established at Hadassim.

## **NAHALAL:**

The Chana Meisel-Shochat Agricultural School at Nahalal was established in 1921 by WIZO and taken over by Canadian Hadassah-Wizo in 1926. It is a complete, scientific, agricultural training school for girls and boys and today boasts over 2,000 graduates, most of whom are distributing the knowledge and training they received at Nahalal to agricultural settlements throughout the country. Canadian Hadassah-Wizo, in sponsoring the school, has been a worthy pioneer in the great work of agricultural training, which is fundamental to land development and the future of Israel.

## *To Our Advertisers*

*In this year of emergency, we wish to extend our deepest gratitude for your kind co-operation in our efforts to aid Israel. Thank you all.*

MRS. G. SURES

## *Meet Winnipeg Hadassah*

Our 20 Chapters have many diversified projects to raise funds for the purpose of aiding and strengthening our Jewish State. We are proud to list here the Chapters of Winnipeg Hadassah Council and their Presidents, who each in their own way contribute to the strength and well-being of our organization.

Aliyah Chapter:  
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Brandeis Chapter:  
Mrs. A. Omson

Business & Professional:  
Miss B. Fleishman

Deborah Chapter:  
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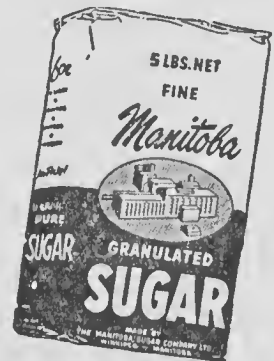
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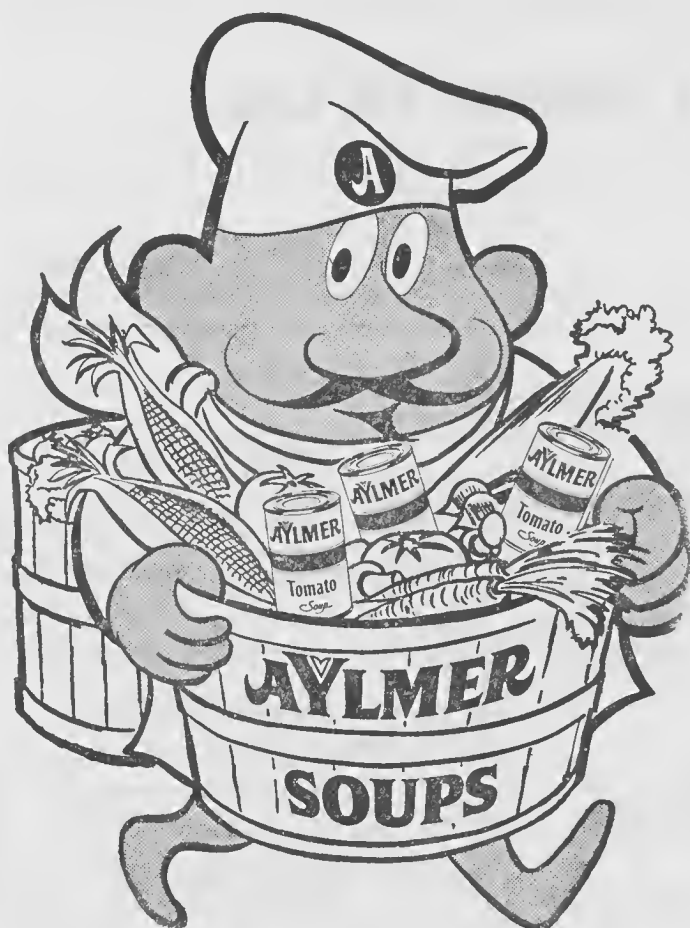
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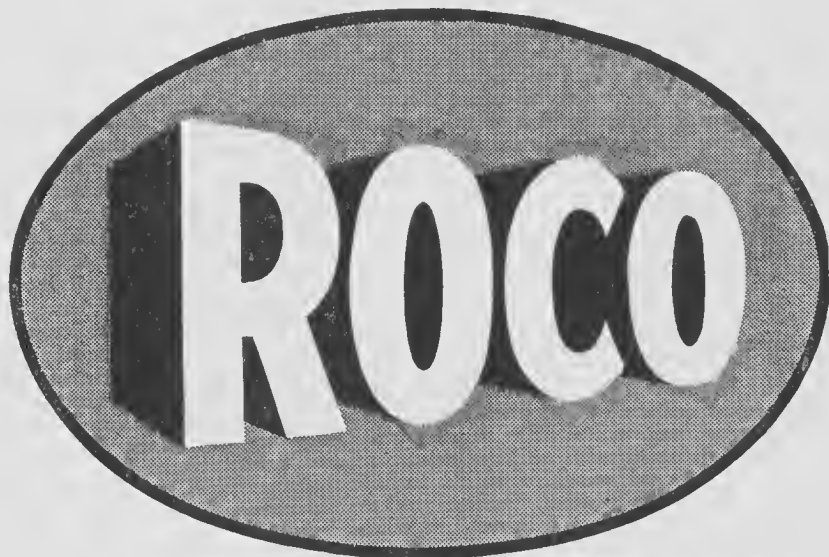
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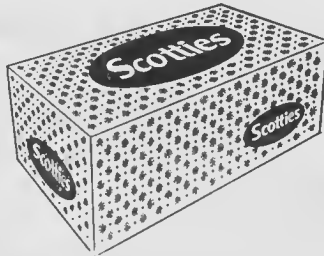
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# —HADASSAH—

## COOK BOOK SECTION

*In compiling these recipes, no attempt has been made to give a complete Cook Book. Rather we have chosen a few that would appeal to the woman who loves to cook and who doesn't mind taking a few pains with a new recipe; one who is ready to try something different.*

*The addition of herbs, spices and wines creates a gourmet dish of even an ordinary meat ball. So if you are tired of making the same old dishes in the same old way try some of these.*

*For those of us who have enjoyed the benefits of the "Shoimrim Club" (Sensible Shoimrim Slimmers) we have included some recipes to prove that you don't have to starve to stay slim.*

FANNY BROWNSTONE

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# appetizers

## TUNA PATE

- 2 7½-oz. cans tuna
- ¼ cup very finely minced green onions
- ¼ cup very finely minced sweet pickles
- 3 tbsp. grated Parmesan cheese
- 3 tbsp. ketchup
- 1 tsp. lemon juice
- ½ tsp. salt
- ½ tsp. Worcestershire sauce
- Dash Tabasco
- ¼ cup mayonnaise (approx.)

Drain tuna and rinse under hot water. Put in a bowl and mash with a fork to break up as finely as possible. Add all remaining ingredients using enough mayonnaise so mixture will stick together well. Beat with rotary beater to make as smooth as possible.

Shape into a roll and wrap in waxed paper. Chill several hours.

Serve as a spread with crackers.

## CHICKEN LIVER MOLD

- 1 quart boiling salted water
- 1 stalk celery
- 2 sprigs parsley
- 6 whole peppercorns
- 1½ tsp. salt
- Pinch Cayenne pepper
- 1 cup chicken schmaltz
- ½ tsp. nutmeg
- 2 tsp. dry mustard
- ¼ tsp. cloves
- 5 tbsps. minced onion
- 1 clove garlic
- 2 tbsps. cognac

To the boiling water add the parsley, celery, peppercorns, reduce heat and simmer 5 minutes. Add chicken livers and cook covered, 10 minutes.

Drain and grind the livers using finest knife.

Add salt, remaining ingredients. Mix well, pack into 3 cup mold, chill thoroughly.

Garnish, serve with crackers or toast fingers.

## BENNE SEED WAFERS

- 1 cup sesame seeds
- 2 cups flour
- Salt
- Cayenne pepper
- ¾ cup shortening
- ¼ cup (approximately) ice water.

1. Preheat the oven to 300 degrees.
2. Place the sesame seeds in a baking pan and bake 20 to 30 minutes, stirring occasionally.
3. Combine the flour, salt and cayenne pepper to taste in a mixing bowl. Add shortening and cut in with two knives or a pastry blender until it has the texture of coarse corn meal. Add water, a little at a time, using a two-pronged fork to toss the mixture. Add just enough water so that the dough will hold together. Knead in the seeds.
4. Roll the dough on a lightly floured board and cut into small round wafers with a biscuit cutter. Place on a pan and bake 15 to 20 minutes. Remove from the oven and sprinkle, while hot, with a little salt.

Yield: Two to three dozen wafers, depending on size.

## CARAWAY STICKS

- 1 cup butter
- 2 cups all-purpose flour
- 6 tbsps. thick cream
- Yolk of one egg
- Caraway seeds
- Medium coarse salt

Rub butter and flour together until blended, then add cream and make a round ball of the mixture.

Smooth and knead until lump is finely-textured.

Break off a piece about the size of an egg, roll it into a long stick about as thick as your little finger. Cut into 2½-inch lengths. Dip each stick into yolk of egg, which has been beaten with 1 tablespoon cold water. Set the sticks on a greased baking sheet, then sprinkle liberally with medium coarse salt and caraway seeds. Bake in moderate oven (375 degrees) until brown.

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## HOT TUNA & CHEESE CANAPES

- 1 cup grated cheddar cheese
- 1 tin tuna
- 2 tbsps. dry vermouth
- ½ tsp. ground black pepper
- Toast squares

Combine first four ingredients. Spread on lightly browned toast. Bake in 350° oven for 5 minutes. Serve at once.

## COCKTAIL PIZZAS

- 2 tbsp. olive oil
- 1 clove garlic, crushed
- 10-oz can sliced mushrooms, drained
- 16-oz. can tomatoes
- ½ tsp. oregano
- ¼ tsp. Tabasco
- 1 ½ tsp. salt
- 1 tsp. sugar
- 6 English muffins
- Olive oil
- 2 tbsp. chopped anchovies
- ½ cup grated Parmesan cheese
- 12 thin slices Mozzarella cheese

Heat 2 tbsp. olive oil in saucepan. Add garlic and mushrooms and cook quickly, stirring constantly, until mushrooms are lightly browned, about 2 minutes. Add tomatoes, oregano, Tabasco, salt and sugar, stir to blend, breaking up tomatoes with spoon. Bring to a boil. Turn down

heat and cook, uncovered, until sauce is thick, about 15 minutes.

Heat oven to 450 degrees.

Split English muffins and set on cookie sheet, cut sides up. Brush each with a little olive oil.

Top each half muffin with some of the sauce, spreading it to the edge. Sprinkle each with some of the anchovies and some of the Parmesan cheese. Drizzle a few drops of olive oil over each and top with a slice of Mozzarella cheese.

Bake 15 minutes or until well browned and bubbling. Serve immediately. (Makes 12.)

## HERRING FORSHMAK

- 4 fillets of salt herring
- 4 tablespoons unsalted butter
- 2 onions, diced
- 4 slices white bread
- 1 apple, peeled and diced
- 1 cup sour cream
- 2 tablespoons bread crumbs

Soak the herring in water to cover overnight. Change the water twice. Drain.

Melt the butter in a skillet. Brown the onions in it. Coarsely chop the herring, bread, apple, sour cream and browned onions. Turn into a buttered baking dish and sprinkle with the crumbs.

Bake in a 425° oven 25 minutes. Serve hot. Serves 6.

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# *fish*

## **SALMON MOUSSE WITH RED CAVIAR**

- 2 cans (1-lb. size) red salmon
- $\frac{1}{2}$  cup cider vinegar
- $\frac{1}{2}$  cup dairy sour cream
- 2 tbsps. prepared horseradish
- 2 env. unflavored gelatine
- $\frac{1}{2}$  cup lemon juice
- 1 tsp. seasoned salt
- 1 tsp. salt
- 1 tbsp. prepared mustard
- 1 cup heavy cream, Whipped
- 1 jar (4-oz.) red caviar, chilled

1. Drain salmon; remove any bones and skin. Turn salmon into large bowl; break into small pieces with fork.

2. In electric blender at high speed, blend salmon with vinegar, a little at a time, to make a puree. (Or beat, at high speed, in electric mixer until as smooth as possible.) Turn into large bowl; fold in sour cream and horseradish.

3. In measuring cup, sprinkle gelatine over lemon juice; let stand 5 minutes. Set in pan of boiling water; stir to dissolve gelatine. Gradually stir into salmon mixture, along with salts and mustard.

4. Fold in whipped cream. Turn into a  $1\frac{1}{2}$ -quart mold. Refrigerate, covered, until firm—at least 4 hours.

5. To serve: Run a small spatula carefully around edge of mold; invert over platter. Place a hot, damp cloth over mold; shake to release. Serve the mousse with red caviar spooned over it.

Makes 20 servings.

## **FISH AND CHIPS**

- 2 lbs. haddock fillets  
(or other fillets)
- 2 cups flour
- 3 tsps. salt
- 2 tsps. baking powder
- 2 eggs
- 1 cup milk
- 2 tbsps. cooking oil
- Fat for deep frying

Heat fat to 375 degrees. Cut fish into serving-size pieces. Sift flour, salt and baking powder together and roll fish into mixture. Beat eggs lightly and stir in milk and oil. Add flour mixture left from coating fish and stir until smooth.

Dip fish pieces in this batter and fry one or two pieces at a time in hot fat. Cook until dark golden brown and drain on paper towelling. Serve very hot with French Fried Potatoes. (Serves 6 to 8.)

## **BAKED FISH PARMIGIANA**

- 4 servings fish fillets or steaks —  
pickerel, sole or halibut
- Salt and pepper
- 1 cup canned tomato sauce
- $\frac{1}{2}$  cup parmesan cheese
- 2 tbsps. melted butter.

1. Preheat oven to 425°.

2. Place fillets in shallow buttered baking dish.

3. Spread tomato sauce on each fillet and sprinkle with cheese, drizzle with melted butter.

4. Bake uncovered 15 to 20 minutes.



## TUNA SALAD SUPREME

- 1 tbsp. gelatin
- ¼ cup fresh lime juice
- 3 tbsps. sugar
- 1 tsp. salt
- 1 ¼ cups hot water
- ¼ cup sweet pickle vinegar
- 1 avocado pear
- 1 7-oz. tin tuna
- 1 cup sliced celery
- ¼ cup sliced sweet pickles
- salad greens
- mayonnaise

Soften gelatin in lime juice. Dissolve gelatin, sugar and salt in hot water. Add vinegar from pickles. Cool until slightly thickened. Cut avocados in half; remove seed and skin. Dice. Flake tuna. Fold avocado, tuna, celery and pickle into thickened gelatin. Turn into oiled 8½x4½" loaf pan. Chill until firm. Unmold on salad greens. Serve with mayonnaise. Garnish if desired with tomato wedges and cucumber slices. Yield: 6 servings.

## SALMON TERIYAKI

1. Cut salmon into steaks.
2. Cut your salmon steaks in halves.
3. ½ cup of Shoyua Sauce (Japanese variety), ¼ cup of sugar, 2 ounces thinly sliced ginger, 2 cloves garlic.
3. Heat and stir ingredients until sugar is melted.
4. Soak salmon for about 15 minutes in sauce.
5. Preheat oven to 450 degrees and then turn on broiler.
6. Broil salmon in hot oven, and baste as sauce dries.
7. Turnover once.
8. Total cooking time should not be more than 15 minutes.
9. Fish cooked when flesh separates from bone easily.

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# baking

## OATMEAL LACE COOKIES

- 1 cup melted shortening  
(half butter)
- 3½ cups quick cooking oats
- 1 egg
- ½ cup white sugar
- ½ cup brown sugar
- 1 cup shredded coconut
- 1 tsp. vanilla

Pour shortening over oats. In another bowl, beat egg, blend in sugars. Combine contents of two bowls, stir in coconut and vanilla. Mix well.

Drop from teaspoon in mounds on greased cookie sheet. Leave two inches between each as these cookies spread as they bake.

Bake at 325 deg. 15 minutes or until lightly browned. Makes 5 dozen.

These are crisp, lacy and very rich. However, they do not fall apart and they have good keeping qualities.

## MATZO ROLLS (Passover)

- 3 eggs
- ½ tsp. salt
- ¾ cup chicken broth or milk
- 1 cup matzo meal
- ⅓ cup cake meal
- 4 tbsps. melted chicken fat or butter

Beat together the eggs and salt. Stir in the broth (or milk) alternately with the matzo meal and cake meal. Add the melted fat or butter. Fill 12 greased muffin cups ¾ full.

Bake in a 350° oven 30 minutes or until browned.

## MANDLEN (Passover)

- 3 eggs
- 1 tsp. salt
- ½ cup cake meal
- 2 tbsps. potato flour
- Fat for deep frying

Beat the eggs and salt together. Stir in the cake meal and potato flour.

Heat the fat to 380°. Drop the mixture by the teaspoon into the fat. Fry until browned. Drain and serve hot. If you want to prepare them ahead of time, crisp them in a hot oven before serving. Serves 6—8.

## CREAMY FROSTING

(Like a baker's frosting, this stays soft)

- 2 tbsps. cake flour
- ½ cup milk
- ½ cup granulated sugar
- ¼ cup margarine, softened
- ¼ cup all-vegetable shortening
- ¼ tsp. salt
- ½ to ¾ cup sifted powdered sugar
- 1 tsp. vanilla

Mix cake flour and milk. Cook to a thick paste over slow flame. Cool. Cream sugar with margarine and shortening, beating until light and fluffy. Blend in salt. Mix in cooled paste; beat until fluffy and nearly double in volume. Then gradually beat in powdered sugar until a good spreading consistency. Blend in vanilla.

This tastes like whipped cream and remains soft. It's good as a topping for fruits and desserts as it's not too sweet.



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## GERMAN HALF MOONS

(Rich little pastries)

- 4 cups sifted enriched flour
- 1 cake compressed yeast
- 3 egg yolks
- 1 cup sour cream
- 1 pound margarine
- Jam or jelly

Resift flour into large bowl. Crumble yeast into tiny bits into flour. Blend in egg yolks, sour cream and softened margarine to make stiff dough. Round dough into ball and wrap well in wax paper. Refrigerate over night.

Cut off as much as you wish to use; roll out to a scant  $\frac{1}{4}$  inch or thinner and cut into 3-inch squares. Place  $\frac{1}{4}$  teaspoon jam on lower right-hand corner of each square. Start here and roll to opposite corner. Pinch point and ends firmly and shape roll into half moon. Place on ungreased cookie sheet. Bake at 400 deg. until lightly tinged with brown.

Unused dough will keep in refrigerator for several days. Makes 40 to 50 delicious little pastries. Perfect for tea time.

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## PEANUT-BUTTER BROWNIES

- 1 cup sifted all-purpose flour
- 1 tsp. baking powder
- $\frac{1}{4}$  tsp. salt
- 2 tbsps. butter
- 2 squares (2 oz.) unsweetened chocolate
- $\frac{1}{2}$  cup peanut butter
- 1 cup sugar
- 1 egg
- $\frac{1}{4}$  cup milk
- $\frac{1}{2}$  cup chocolate chips

Heat oven to 375 degrees. Sift dry ingredients together. Melt butter and chocolate in medium-sized saucepan over low heat. Add the peanut butter and sugar and beat well to blend. Beat egg and milk together with a fork. Add sifted dry ingredients to chocolate mixture alternately with milk-and-egg mixture. Spread in well greased 8-inch square pan. Bake 20 to 25 minutes. Remove from oven and sprinkle with chocolate chips. Return to oven for about 1 minute to soften chips, then spread them over the top of the brownies as an icing. Sprinkle with chopped peanuts if desired.

## BUTTERSCOTCH SPOONNOODLES

- 1 3-oz. can (2 cups) chow mein noodles
- 1 cup coarsely chopped nuts
- $\frac{1}{3}$  cup honey
- $\frac{1}{4}$  cup sugar
- 2 tbsps. butter
- $\frac{1}{2}$  tsp. vanilla
- $\frac{1}{8}$  tsp. salt
- 1 6-oz. pkg. (1 cup) butterscotch flavored morsels.

Combine chow mein noodles and nuts in mixing bowls, set aside. Combine honey, sugar, butter, vanilla and salt in saucepan and bring to full boil over moderate heat, stirring constantly. Remove from heat add butterscotch morsels and stir until blended. Pour over noodles and nuts, mix gently until coated, drop by heaping teaspoons onto waxed paper on baking sheet. Let stand until set or chill until firm. Yield: about 32 spoonnoodles.

## BANANA-HONEY CAKE

- 1 cup honey
- 1 tsp. soda, divided
- 1 cup rolled oats (quick or old fashioned, uncooked)
- $\frac{3}{4}$  cup soft butter or margarine
- $\frac{1}{2}$  cup sugar
- 2 eggs
- 1 cup mashed bananas
- $1\frac{1}{2}$  cups sifted all-purpose flour
- $\frac{3}{4}$  tsp. salt
- $\frac{3}{4}$  tsp. baking powder

Preheat oven to 350° F. For cake, bring honey to boil in medium sized saucepan; add  $\frac{1}{2}$  teaspoon of the soda. Pour over oats; stir and cover; let stand 10 minutes. Beat butter until creamy; gradually add sugar, beating until fluffy. Blend in eggs. Add oats mixture and bananas; beat until blended. Sift together flour, remaining  $\frac{1}{2}$  teaspoon soda, salt and baking powder. Add to creamed mixture, mixing well. Pour batter into two greased and waxed paper-lined 8-inch round cake pans. Bake 350°F. for 30 to 35 minutes. Cool on wire cake rack about 10 minutes. Remove from pans and cool.

## FROSTING

- 1 pkg. (8 oz.) soft cream cheese
- $2\frac{1}{2}$  cups sifted icing sugar

Beat cream cheese until fluffy. Gradually add sugar, beating until frosting is of spreading consistency. Spread between layers and over top of cake; refrigerate. Just before serving, decorate with banana slices which have been dipped in lemon juice to prevent discoloring.

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## SCONES

- 2½ cups sifted flour
- ½ cup white sugar
- ½ tsp. salt
- 1 tsp. cream of tartar
- 1 tsp. baking soda
- ½ cup shortening
- 1 egg
- 1 cup sour cream

Preheat oven to 425 degrees F. Sift then measure flour; resift with sugar, salt, cream of tartar and baking soda. Cut shortening finely into dry ingredients. Beat egg well; reserve a small amount to glaze scones. Add remainder of egg to dry ingredients then the sour cream. Pat to ¾" thickness. Cut in diamond shapes. Glaze top and bake in oven until golden brown.

## VANILLE KRANSE

(A vanilla shortbread which is delicious)

- ¼ lb. chopped blanched almonds
- ½ cups butter, or
- ¾ cup butter and ¾ cup shortening
- 1½ cups fine granulated sugar
- 1 egg, beaten
- 2 tsps. vanilla
- 3½ cups sifted pastry flour

Pound the almonds until very fine or pass through a food chopper. Cream the shortening and sugar until almost like whipped cream. Add beaten egg, vanilla, and mix well. Gradually add flour, beating constantly. (It is sometimes necessary or easier to work this dough with the hands when coming to the last of the flour.) Add almonds, mix well, cover the bowl and place in refrigerator for 2 hours. Shape into crescents. Bake at 325 oven till light brown. Sprinkle with icing while hot.

## COOKIE DOUGH CRUST

- 3 cups sifted all-purpose flour
- 1 tsp. salt
- ¼ cup sugar
- 1 cup butter
- 2 egg yolks
- ¼ cup ice water
- ¼ cup lemon juice
- 1 tsp. grated lemon rind

Sift, then measure flour; resift into mixing bowl with salt and sugar. Cut in butter to form fine crumbs. Beat together egg yolks, water, lemon juice and rind. Add to flour mixture small amount at a time to form smooth dough. Wrap in waxed paper. Yield: three single-crust nine-inch pie shells.

To bake crusts: Preheat oven to 450 deg. F. Divide dough in three. Roll out one portion into 12-inch circle. Fit loosely on bottom and sides of nine-inch pie plate. Turn overhang under at rim of plate. Make high standing rim; flute. Prick bottom and sides of pastry thoroughly with fork. Bake 10 to 15 minutes or until golden brown. Repeat with remaining dough as required.

## WALNUT ROLL

- 6 eggs
- ¾ cup sugar
- 1½ cups finely chopped walnuts
- 1 tsp. baking powder
- ⅛ tsp. salt
- 1½ cups whipping cream
- ⅓ cup icing sugar
- ⅛ tsp. rum flavoring

Preheat oven to 350° F. Butter 10x14 inch jelly roll pan. Line with waxed paper. Butter paper. Separate eggs. Beat whites until they stand in soft, moist peaks. Gradually add ¼ cup sugar beating until stiff glossy peaks form. Beat egg yolks until thick and lemon-colored (no need to wash the beater). Beat in remaining ½ cup sugar. Mix together chopped walnuts, baking powder and salt. Stir into egg yolk mixture. Fold in egg whites. Spread in prepared pan. Bake 20 minutes. Cover with damp towel. Chill. Whip cream stiffly, sweeten with icing sugar, add flavoring. Turn chilled cake out onto dry towel. Peel off paper. Spread with whipped cream. Roll up like jellyroll. Wrap in waxed paper. Chill. Yield: 6 to 8 servings.

## MALLOW NUT TORTE

- 1 cup walnut meats
- 3 eggs
- ¾ cup sugar
- 1 cup fine zwieback crumbs
- 1 tsp. baking powder
- ¼ tsp. salt
- ½ tsp. cinnamon

Chop walnuts fine. Beat eggs until light and lemon-colored. Beat in sugar a little at a time. Combine crumbs, walnuts, baking powder, salt and cinnamon; fold into egg mixture. Turn into greased 8-inch square pan. Bake at 325 degrees F. 40 to 45 minutes. Cool in pan.

## Topping

- 1½ tsps. plain gelatine (½ envelope)
- 1 cup milk
- 1 egg, separated
- 1 square unsweetened chocolate, finely cut
- ¼ cup granulated sugar
- Few grains salt
- 6 marshmallows cut in eighths
- ¼ cup whipping cream
- ½ cup walnuts, chopped

Soften gelatine in ¼ cup of the milk. Beat egg yolk lightly. Combine remaining milk, egg yolk, chocolate, sugar and salt and stir over hot water until mixture thickens slightly. Blend in softened gelatine and stir until dissolved. Cool until mixture thickens. Fold in marshmallows, stiffly beaten egg white, whipped cream and walnuts. Spoon over cooled torte and chill until firm. Cut in squares to serve 9 persons.

### ELSIE'S PRIZE COFFEE CAKE

- ½ cup butter
- 1½ cups white sugar
- 3 eggs
- 3 cups all-purpose flour (scant)
- 3 tsps. baking powder
- 1½ cups salad cream
- 1½ tsps. baking soda
- ½ cup packed brown sugar
- 1 tsp. cinnamon
- 1 tsp. cocoa

Cream butter and sugar until light, fluffy. Add eggs one at a time and mix well between additions. Sift flour, baking powder together. Add soda to salad cream and whip until well mixed. Add flour mixture alternately with salad cream to butter mixture and mix until well blended.

Combine brown sugar, cinnamon, cocoa. Pour ½ cake batter into a well greased or foil lined large angel cake tin.

Sprinkle ½ topping over batter. Add remaining batter and top with rest of sugar mixture. Cut through batter with table knife two or three times to give cake marbled effect. Bake in oven of 350° F. for 45 minutes.

### NEVER-FAIL MEDIVNYK

#### (Honey Cake)

- 1 cup honey
- 3 cups sifted all-purpose flour
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1 tsp. cinnamon
- ¼ tsp. salt
- ½ cup strong cool coffee
- Grated rind and juice of 1 orange
- 1 tsp. vanilla
- 2 tbsps. butter
- 1 cup sugar
- 4 eggs, separated
- 1 cup chopped walnuts

Bring honey to boil and then cool it. Sift flour with dry ingredients. Combine coffee with grated rind, orange juice and vanilla. Cream butter with sugar. Mix in honey. Beat egg yolks until light and blend with honey mixture. Add flour alternately with coffee. Stir in nuts. Beat egg whites until stiff and fold into batter. Spoon into a buttered baking pan. Bake in moderate oven (325°F.) for about 50 minutes, or until done. Remove from pan and place on cake rack.

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## CHOCOLATE CHEESE-CAKE

- 1 1/2 cups finely crumbled graham crackers
- 1 cup light brown sugar firmly packed
- 1/8 tsp. nutmeg
- 1/3 cup butter, melted
- 1 cup semi-sweet chocolate morsels
- 1/2 pound cream cheese at room temperature
- 1/8 tsp. salt
- 2 eggs, separated
- 1 cup heavy cream, whipped
- 1 tsp. vanilla

1. Make a shell by combining graham cracker crumbs, one-quarter cup of the sugar, nutmeg and butter. Reserve two tablespoons of the mixture and press remaining crumbs on bottom and sides of a nine-inch pie pan. Chill.

2. To make filling, melt chocolate over hot water. Cool approximately ten minutes.

3. Blend cream cheese, one-half cup of the brown sugar and salt. Beat in egg yolks and stir in chocolate.

4. Beat egg whites until stiff but not dry and gradually beat in remaining sugar. Fold this mixture into the chocolate mixture. Fold in whipped cream and vanilla.

5. Pour into chilled shell. Sprinkle top with reserved crumb mixture. Chill several hours or overnight.

Yield: Six servings.

## SOUR CREAM TORTE

- 3 cups sifted all-purpose flour
- 3/4 cup sugar
- 1 cup butter
- 1 egg
- 2 cups shelled walnuts
- 2 cups sour cream
- 1 1/2 cups icing sugar
- 1 tsp. vanilla

Preheat oven to 350° F. Sift then measure flour; resift with sugar into mixing bowl. Cut in butter until mixture looks mealy. Stir in unbeaten egg and mix until the dough will hold together. Divide the dough into seven equal parts and roll each part into 9-inch circle. Place on lightly floured cookie sheet. Bake for 10 to 12 minutes or until the edges begin to brown lightly. Cool and remove from cookie sheets with spatula.

to make filling: chop walnuts very fine. Mix with icing sugar, sour cream and vanilla. Spread a layer of filling between each layer of baked torte, piling the layers on top of each other. Sprinkle top with icing sugar and decorate if desired with green leaf gumdrops and tiny red cinnamon candies.

## COFFEE ALMOND TORTE

- 28 graham wafers, finely rolled (about 2 1/4 cups crumbs)
- 2 tbsps. instant coffee
- 2 cups ground blanched almonds
- 1/2 tsp. cinnamon
- 1/2 tsp. salt
- 2 tps. baking powder
- 6 eggs, separated
- 1 cup sugar
- 1/2 cup milk
- 2 tps. almond flavoring

Combine first six ingredients. Beat egg yolks; gradually add sugar, beating until light and fluffy. Add to dry ingredients; blend in almond flavoring and milk. Beat egg whites stiff but not dry and fold into crumb mixture. Grease and line 4 8-inch round cake pans with paper; then grease paper and spoon thin layer of batter into the four pans. Bake at 325 degrees F. for 20 to 25 minutes; remove from pans and cool.

### Filling

Whip 2 cups heavy cream. Fold in 2 tablespoons sugar and 1 tablespoon instant coffee. Top each layer generously with filling. Chill frosted layers in freezer to set cream. Arrange layers one on top of the other and sprinkle with almonds if desired. Serves 10.

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## *desserts*

### **PAREVE CHOCOLATE ICE CREAM**

Combine:

- 1 Envelope unflavored gelatine
- $\frac{1}{4}$  cup water — soften, set aside

- 1 can Hershey's chocolate syrup
- 2 cartons Rich Whip

Heat  $\frac{1}{2}$  can of Hershey's chocolate syrup and add the gelatine. Stir until dissolved, add the remainder of the chocolate syrup. Chill until almost set.

Whip 2 cartons of Rich Whip, fold in chocolate mixture, place in large utility pan. Freeze until almost firm, (edges frozen). Whip again, pack in container and keep in freezer. Use as needed.

### **FROZEN STRAWBERRY DESSERT**

**(Pareve) Tastes like Ice Cream**

- 1 box frozen strawberries, thawed
- 3 eggs
- 3 - 4 tbsps sugar

Beat egg whites gradually adding sugar. Beat yolks. Add berries to yolks. Fold whites in. Freeze, stirring occasionally.

### **ZABAGLIONE**

- 6 eggs
- 1 cup icing sugar
- $\frac{1}{2}$  cup sherry
- $\frac{1}{8}$  tsp. salt

Into top of double boiler put egg yolks and sugar. (Be sure boiling water below doesn't touch bottom of top section) Cook and beat constantly for 3 minutes. Stir in wine and cook 2 minutes more. Beat egg whites until stiff. Put them in top of another double boiler and heat slightly. Fold in first mixture and serve at once in warmed champagne glasses with teaspoons.

### **FROZEN STRAWBERRY SOUFFLE**

- $\frac{1}{2}$  cup sugar
- 1 cup water
- 2 cups sliced fresh strawberries
- 4 egg yolks
- $\frac{1}{2}$  cup sugar
- 2 cups light cream, scalded
- 2 envelopes (2 tbsps.) unflavored gelatin
- $\frac{1}{2}$  cup water
- 2 cups whipping cream
- $\frac{1}{2}$  tsp. almond extract
- Toasted slivered almonds (optional)
- Sliced fresh strawberries

Combine  $\frac{1}{2}$  cup sugar and 1 cup water in saucepan and boil hard 5 minutes. Add 2 cups sliced strawberries and continue cooking 5 minutes or until berries are very tender. Strain, forcing as much of the strawberry pulp as possible through the sieve.

Beat egg yolks in top of double boiler. Beat in  $\frac{1}{2}$  cup sugar. Stir in the scalded cream. Set over simmering water and cook, stirring often, until mixture coats a silver spoon. Remove from heat.

Soak gelatin in  $\frac{1}{2}$  cup water 5 minutes. Add to hot egg mixture and stir until gelatin is dissolved. Strain. Stir in strawberry mixture. Cool.

Whip cream until it begins to thicken. Add almond extract and continue beating until cream is very stiff. Fold into cooled strawberry mixture.

Tape a strip of foil around the top of a  $1\frac{1}{2}$ -qt. souffle dish so it extends 2 inches above the top.

Pour in strawberry mixture. Sprinkle with almonds and freeze until serving time, at least 3 hours. Take off paper at serving time, garnish edge of souffle with sliced strawberries and serve. (Serves 8.)

Note: If desired, this souffle can be chilled until set rather than frozen.

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### APPLE DESSERT (Pareve)

- 1 tin each of 2 pie fillings  
Put in greased utility pan

#### Topping

- 1 cup sugar  
Scant  $\frac{2}{3}$  cup oil  
3 eggs  
1 cup flour  
2 tsps. baking powder  
Vanilla

Bake at 350° for 1  $\frac{1}{4}$  hours.

### RHUBARB CREAM PIE

- Pastry for 1-crust 9-inch pie  
2 lbs. rhubarb, cut up  
 $\frac{1}{4}$  cup orange juice  
1 cup sugar  
3 tsps. cornstarch  
1 tbsp. grated orange rind  
8 oz. pkg. cream cheese  
(room temperature)  
2 eggs  
 $\frac{1}{2}$  cup sugar  
1 cup sour cream  
Slivered toasted almonds

Line 9-inch pie pan with pastry, building up a high fluted edge.

Heat oven to 425 degrees.

Combine rhubarb and orange juice in saucepan. Bring to a boil and boil 1 minute. Blend 1 cup sugar and cornstarch and stir into boiling mixture gradually. Bring back to a boil quickly and boil 1 minute, stirring constantly. Stir in orange rind.

Pour rhubarb into pastry-lined pan. Bake 10 minutes. Remove pie from oven. Reduce oven temperature to 350 degrees.

Combine cheese, eggs and  $\frac{1}{2}$  cup sugar and beat with rotary beater to blend well. Pour over rhubarb and return pie to oven. Bake another 30 to 35 minutes or until cheese mixture is set and lightly browned.

Remove pie from oven. Turn temperature to 450 degrees.

Spread top of pie with sour cream. Sprinkle with slivered almonds and return to oven for 5 minutes. Cool and chill before serving.

### APPLE CHARLOTTE (Passover)

- 3 egg yolks  
 $\frac{2}{3}$  cup sugar  
Dash salt  
2 cups grated apples  
 $\frac{1}{3}$  cup matzo meal  
2 tsps. grated lemon rind  
1 tbsp. slivovitz (plum brandy)  
3 egg whites, stiffly beaten  
4 tsps. ground pecans.

Beat the egg yolks, sugar and salt until thick and lemon colored. Stir in the apples, matzo meal, lemon rind and slivovitz. Fold in the egg whites. Turn into a greased 8-inch spring form. Sprinkle the nuts on top.

Bake in a 350° oven 35 minutes or until brown and firm. Cool before removing sides of pan. Serves 6-8.

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### COFFEE SATIN

- 1 1/2 cups bite-size shredded rice biscuits, crushed to 1/3 cup
- 1 tbsp. brown sugar, firmly packed
- 2 cups sifted icing sugar
- 4 tsps. instant coffee, dry
- 1/4 tsp. salt
- 1/3 cup butter or margarine
- 2 eggs
- 1 cup chopped nuts
- 1/4 tsp. rum extract

Line bottom and sides of loaf pan (8 1/2 x 4 1/2 x 2 1/2) with waxed paper. Extend 2 inches over rim. Combine cereal crumbs and brown sugar. Divide into thirds. Sprinkle 1/3 in bottom of pan. Mix icing sugar, coffee and salt until color is uniform. Cream butter. Add sugar mixture gradually. Cream thoroughly. Beat eggs in one at a time. Mix well. Blend in nuts and extract. Spoon half into pan. Top with 1/3 the crumbs. Add remaining coffee-nut mixture. Top with remaining crumbs. Cover. Chill 12 hours or overnight. Lift out of pan. Cut into squares. Serve with whipped cream. Yield: 8 servings.

### RHUBARB RING WITH STRAWBERRIES

- 1 1/2 lbs. fresh rhubarb
- 1 cup sugar
- 1 1/4 cups water
- 2 envelopes unflavored gelatin
- 1/4 cup orange juice
- 1 tbsp. lemon juice
- 2 cups washed, hulled strawberries
- Sifted confectioners' sugar

Wash rhubarb; cut off root and leaf ends, but do not peel. Cut into 1-inch pieces and combine in saucepan with sugar and 3/4 cup of the water. Bring to a boil and simmer for 5 to 10 minutes or until rhubarb is tender, stirring gently once or twice. Sprinkle gelatin over remaining 1/2 cup of water, then stir into the hot rhubarb to dissolve gelatin. Add orange and lemon juices and pour into 5-cup, 8-inch ring mold. Let cool to room temperature. Chill several hours or until firm. Unmold onto chilled serving plate by running a knife around the edges and then dipping the ring for a second into hot water. Arrange berries in centre of the ring and sprinkle with confectioners' sugar.

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### STRAWBERRY TRIFLE

- 3 1/4 oz. pkg. vanilla pudding mix  
(the kind you cook)
- 1 envelope (1 tbsp.)  
unflavored gelatin
- 1/8 tsp. nutmeg
- 1 7/8 cups evaporated milk (large can)
- 1 cup water
- 2 tbsps. lemon juice
- 1/2 tsp. vanilla
- 1 cup sliced fresh strawberries
- 2 cups 1/2-inch cubes angel-food  
or other white cake

Combine pudding mix, gelatin and nutmeg in a saucepan. Stir in 1 cup of the evaporated milk and the water gradually, stirring until smooth. Set over moderate heat and cook, stirring constantly, just until it comes to a boil. Remove from heat, cover, cool, then chill by setting in ice water until mixture mounds when dropped from a spoon.

Pour remaining evaporated milk into ice-cube tray or other pan and freeze until soft ice crystals form around the edge, 10 to 15 minutes. Put in small bowl and beat with rotary beater until stiff, about 2 minutes. Add lemon juice and vanilla and continue beating until very stiff, about 2 minutes.

Beat pudding with a rotary beater until smooth. Fold in sliced strawberries and whipped milk.

Layer strawberry mixture and cubes of cake in 1 1/2 qt. bowl or mould, ending with a layer of strawberry mixture. Chill until very firm, about 2 hours. Spoon out of bowl to serve or unmould and garnish with strawberries. (Serves 8.)

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### BLUEBERRY PUDDING

- 4 cups blueberries
- 1/4 cup water
- 1/2 cup sugar
- 1 tbsp. lemon juice
- 3 slices bread
- 2 tbsps. butter
- 1/8 tsp. cinnamon

Wash berries. Place in deep heavy saucepan. Add water, sugar and lemon juice. Heat until boiling and berries just beginning to soften.

Preheat oven to 425 deg. F. Turn berries into shallow baking dish. Remove crusts from bread; butter. Sprinkle with cinnamon. Place on berries. Bake 10 minutes or until bread toasted. Yield: five to six servings.

### BLUEBERRY CRISP

- 4 cups blueberries
- 1/3 cup sugar
- 2 tbsps. lemon juice
- 1 cup sifted all-purpose flour
- 1/2 cup crushed corn flakes
- 1/2 cup firmly packed brown sugar
- 5 tbsps. butter

Preheat oven to 375 deg. F. Wash berries. Combine with sugar and lemon juice. Place in buttered utility dish. Sift then measure flour; add corn flakes and brown sugar. Cut in butter until mixture crumbly. Spread over blueberries. Bake 40 to 45 minutes or until topping brown and berries cooked. Serve warm with sour or whipped cream. Yield: six servings.

### CREAM AMBROSIA

- 1 cup whipping cream
- 1/2 cup dairy sour cream
- 2 cups orange sections
- 1 cup grapefruit sections
- 1 cup flaked coconut
- 1 cup tiny marshmallows

Whip cream, fold in sour cream. Dice oranges and grapefruit sections; fold into cream with coconut and marshmallows. Chill overnight. To serve, garnish with additional orange sections. Yield: 8 servings.



## *side dishes*

### **SWEET POTATOES ROYAL**

- 1 cup dried apricots
- 1 cup brown sugar
- 2 pounds sweet potatoes,  
cooked and peeled
- $\frac{1}{4}$  cup melted butter or fat
- $\frac{1}{2}$  cup sliced, blanched almonds

Wash the apricots and soak in 2 cups of water for 2 hours. Bring to a boil and cook over low heat 20 minutes or until tender. Stir in the sugar.

Slice the potatoes  $\frac{1}{2}$  inch thick. Arrange layers of the potatoes and undrained apricots in a casserole. Pour the butter or fat over the top.

Bake in 375° oven 35 minutes, basting twice. Sprinkle with the almonds and bake 10 minutes longer. Serves 8.

### **RICH NOODLE PUDDING**

- $\frac{1}{2}$  lb. medium egg noodles
- 3 tbsps. butter
- 1 pkg. (8 ounces) cream cheese
- $\frac{1}{2}$  lb. cottage cheese
- $\frac{1}{2}$  cup sour cream
- 3 eggs, separated
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{2}$  cup sugar
- 1 tsp. cinnamon
- 1 cup sliced peeled apples
- $\frac{1}{4}$  cup broken walnut meats
- 1 tsp. grated lemon rind
- $\frac{1}{2}$  cup white raisins

Cook noodles in boiling, salted water. Drain. Toss with butter in large bowl. Break up cream cheese with fork, add cottage cheese and sour cream and beat until light. Add egg yolks, beat well. Pour over noodles in bowl. Add remaining ingredients, except egg whites, and mix well. Beat egg whites stiff, fold in. Pour into greased casserole. Bake in 350° oven about 45 minutes, or until browned. Serves 6.

### **LUCKSHON AND CHEESE**

#### **KUGEL SURPRISE**

- 2 cups hot, cooked medium noodles
- 2 tbsps. soft butter or margarine
- 2 well-beaten eggs
- 3 tbsps. sugar
- $\frac{1}{2}$  pint dairy sour cream
- $\frac{1}{2}$  tsp. salt
- 1 cup fine curd cottage cheese
- $\frac{1}{3}$  cup milk
- 1 tsp. vanilla extract
- $\frac{3}{4}$  cup finely crushed cornflakes
- 2 tbsps. dark brown sugar
- 1 tsp. ground cinnamon
- 2 tbsps. melted butter
- Additional sour cream  
(optional)

Drain the cooked noodles thoroughly, add the soft butter or margarine, and stir until it melts. In a separate bowl beat together the eggs, sugar, sour cream, and salt. Blend in the cottage cheese, then the milk and vanilla. Stir the noodles into this mixture, and blend gently but thoroughly. Pour into a well-buttered round 8 x 2  $\frac{1}{2}$  inch baking dish which can be brought to the table. Bake at 325 degs. F. for 25 minutes. Meanwhile combine the cornflakes, brown sugar, cinnamon, and melted butter. At the end of the 25 minutes baking time, spread the cornflakes mixture evenly over the surface of the kugel, return to the oven, and bake 20 minutes longer. Serve hot from the baking dish as a substitute for potatoes. If you wish, you may serve additional sour cream with it. This amount makes 5 portions.

For a delicious dessert to serve hot or cold, increase the sugar in the kugel from 3 tablespoons to about  $\frac{1}{2}$  cup, to taste. Add  $\frac{1}{2}$  cup seedless raisins to the kugel batter. Bake as directed and serve with additional sour cream.

### **AVOCADO RING**

- 3 oz. pkg. lemon jelly powder
- $\frac{3}{4}$  cup boiling water
- $\frac{3}{4}$  cup mayonnaise
- 1 cup dairy sour cream
- $\frac{1}{2}$  cups mashed avocado
- 2 tbsps. lemon juice
- 2 tbsps. finely chopped green pepper
- $\frac{1}{2}$  tsp. salt
- Strawberries and mint sprigs

Dissolve jelly powder in boiling water. Chill until slightly thickened. Using wire whisk, whip in remaining ingredients, except strawberries and mint. Turn into five-cup ring mold. Chill until firm. Unmold. Garnish with washed hulled strawberries and mint sprigs. Yield: 8 servings.

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## PALACSINTA

### (Hungarian Dessert Pancakes)

- 2 cups sifted flour
- ½ tsp. salt
- 1 tbsp. sugar
- 3 cups milk
- 4 eggs, separated

Combine flour, sugar, salt, 1 cup of the milk and egg yolks. Gradually stir in remaining 2 cups of milk until batter is creamy. Beat egg whites until stiff but not dry. Fold in beaten whites. Bake until lightly browned. Best if baked one at a time on a hot skillet which has been greased lightly with unsalted butter. Using a rotary motion, tip skillet to spread batter thin. Stir batter each time before making a pancake.

### COTTAGE CHEESE FILLING

- 2 cups cottage cheese
- 1 egg yolk, beaten
- 3 tbsps. sugar
- ½ cup sour cream
- ¾ cup raisins
- ½ tsp. cinnamon

Mash cottage cheese until creamy. Add other ingredients. Mix together. Spread on pancakes. When all are done, reheat in moderate oven (350°F.) for 20 minutes. Serve hot.

### Main Course Pancakes

Use the basic pancake recipe printed above, omitting sugar and increasing salt to 1 teaspoon. Following are a list of tempting fillings. Notice the unique method of filling the pancakes layer-fashion which allows the filling to set in the oven before serving.

### Mushroom Filling

- 1 ½ cups chopped mushrooms
- 2 tbsps. butter
- ½ tsp. salt
- Few grains pepper

## BROCCOLI ESPAGNOL

Fresh lemons are a must every day of the week. Here, with the help of anchovies, the juice does marvels on a bunch of broccoli.

- 1 bunch of broccoli or
- 2 pkgs. frozen broccoli
- 2 tbsps. salad oil
- ½ garlic clove, minced
- 2 anchovy fillets, chopped
- ½ cup olives, chopped
- Juice of ½ a lemon

Cook the broccoli in rapidly-boiling salted water until just tender and still very green. Watch frozen broccoli carefully so it won't overcook.

Drain and place in a heavy pan with the oil, garlic, anchovies and olives. Stir gently for a minute. Squeeze the juice of the lemon over all. Serve hot or cold. Serves 4.

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## meats

### SWEET AND SOUR POT ROAST

- 6 lbs. beef
- 2 large onions, sliced
- 1 clove minced garlic
- $\frac{3}{4}$  cup of water or stock
- 2 bay leaves
- 2 tbsps. lemon juice or vinegar
- 1 tbsps. brown sugar
- 3 tbsps. ketchup
- $\frac{1}{2}$  cup raisins
- Salt

Brown meat in hot fat on all sides, using heavy pot. Add onions and garlic, cook until brown. Add water or stock and bay leaves; cover and simmer one hour. Add lemon juice and brown sugar. Cover and simmer another hour. Add ketchup, raisins and salt. Cover and cook  $\frac{1}{2}$  hour. Serve hot with potato pancakes, noodles or brown rice. Serves 6 to 8 persons.

### CHICKEN BREASTS SUPREME

- 12 chicken breasts
- 2 6-oz. glasses currant jelly
- 1 cup water
- 2 tbsps. cornstarch
- 2 tsps. allspice
- 2 tbsps. Worcestershire sauce
- $\frac{1}{4}$  cup lemon juice
- $\frac{1}{2}$  tsp. salt
- $\frac{1}{8}$  tsp. pepper

Preheat oven to 450°F. Mix currant jelly and water; mix cornstarch to a paste with a little cold water, add to jelly mixture. Stir in seasonings, Worcestershire and lemon juice. Bring to a boil. Place chicken breasts in shallow baking pan. Pour sauce over chicken. Bake for 15 minutes, basting twice then reduce oven to 375°F. and bake for  $\frac{1}{2}$  hour longer, basting occasionally. Serve with wild rice and mushrooms, pass sauce that remains in roasting pan.

### CHICKEN ORIENTAL

- 1 3-lb. frying chicken
- 1 tsp. monosodium glutamate
- $\frac{1}{4}$  cup oil
- 1 4-oz. tin mushrooms
- 1 15-oz. tin pineapple chunks
- 2 tbsps. sugar
- 1 tbsps. soy sauce
- 2 tbsps. vinegar
- 2 green peppers
- 2 medium onions
- $1\frac{1}{2}$  tbsps. cornstarch

Cut chicken into serving size pieces: Sprinkle with monosodium glutamate. Brown chicken in oil in skillet. Drain mushrooms and pineapple; combine and measure liquids. Add enough water to bring liquid to 2 cups. Add to skillet; bring to boil. Cover skillet and simmer for 1 hour. Stir in sugar, soy sauce and vinegar. Slice onion and cut peppers in strips, add with mushrooms and pineapple chunks to skillet. Simmer for 15 minutes. Blend cornstarch in small amount of water; stir into hot mixture. Cook until slightly thickened. Serve with hot rice.

### HAMBURGER MARINADE

Anchovies can be worked into more courses than the appetizer where they are most commonly seen. Mixed into a marinade, they do wonders for everyday hamburger.

- 2 garlic cloves, chopped
- $\frac{1}{2}$  cup olive or salad oil
- 2 anchovy fillets, mashed
- 6 hamburgers

Saute the garlic in the oil, then add the anchovies. (You may substitute 2 tsp. of anchovy paste from a tube or jar. Store in the refrigerator once it's been opened.)

Soak the hamburgers (or steak) in this sauce for a minute before broiling or pan-frying. Brush with the sauce while cooking.

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### ONION PIE

- 2 cups thinly sliced onions
- ½ cup butter
- 1 ½ cups cracker crumbs
- 1 cup milk
- 3 eggs
- 1 tsp. salt
- ¼ tsp. pepper
- 1 ½ cups grated cheese

Preheat oven to 300° F. Butter a 9" pie plate. Mix cracker crumbs with 3 tablespoons of butter that has been melted. Use crumbs to line bottom and sides of pie plate. Saute onions in remaining butter, until golden and transparent. Cool. Meanwhile scald milk. Blend with beaten eggs, salt and pepper. Stir in cheese. Pour in egg mixture. Bake for 45 minutes or until centre is set. Yield: 4 to 5 servings.

### RIB ROAST BRAISED IN WINE

- 1 5-lb. rib roast, boned and rolled
- Flour for dredging
- ¼ cup oil
- ½ cup chopped onion
- ½ cup chopped leeks
- 1 cup chopped onions optional
- to the aforementioned 2 ingredients
- ½ cup chopped carrots
- 1 clove garlic, crushed
- 2 cups dry red wine
- Salt to taste
- 8 crushed peppercorns
- 1 bay leaf
- ¼ tsp. margarine
- ½ tsp. thyme
- 2 tbsps. cognac (optional)

Preheat oven to 325°F. In Dutch oven heat the oil. Brown the meat which has been dredged in flour. Add onion, carrots, garlic and saute until brown. Add the wine and seasoning. Cover and bake until the meat is tender, about 4 hours. Transfer meat to a hot platter, strain the sauce and pour over meat. Boneless chuck may be used as well.

### VEAL CHOP SAUTE

- 4 veal rib chops
- Flour for dredging
- Salt and pepper
- 3 tbsps. oil
- 6 tbsps. dry white wine
- 1 tsp. lemon juice
- ⅓ cup chicken fat
- Minced parsley

Dredge chops with flour, salt and pepper. Heat oil in a heavy skillet or electric frying pan, brown chops on both sides. Reduce heat to low, cover pan and cook about 20 minutes. Transfer to a hot platter and keep warm. To the juices in the pan add the wine. Turn up the heat, cook two or three minutes, add the lemon juice, add chicken fat, pour over chops, sprinkle with parsley, serve at once.

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### VEAL CHOPS ITALIAN STYLE

- 3 tbsps. oil
- 4 green peppers, seeded and cut into thin slices
- 1 medium onion, chopped
- 1 clove garlic, minced
- 6 green olives, chopped
- 1 or 2 anchovies, chopped (optional)
- Salt and pepper to taste
- 4 large loin veal chops
- Flour
- 2 tbsps. fat (pareve margarine)

1. Heat oil, add peppers, onion and garlic. Saute until tender, stirring often. Transfer to a bowl, add olives, anchovies, salt and pepper.

2. Dredge chops with flour. Heat the margarine in same skillet. Brown chops on both sides. Add the pepper mixture, cook until chops are tender. Remove to platter and add the vegetables. Add a little water to the pan to loosen all the brown particles, pour over meat.

### SPANISH MEATBALLS

Meatballs turn up in every language and these are interesting because of the aromatic bitters. Bitters can be used in drinks, soups, stews, fruit pies and cakes.

- $\frac{1}{4}$  cup onion, chopped
- $\frac{1}{4}$  cup olive oil
- 2 cups bread crumbs
- $\frac{3}{4}$  cup of water
- 1 lb. ground beef
- 1 tsp. salt
- 1 tsp. aromatic bitters
- 1 egg, slightly beaten

Saute the onions in the oil until they're soft. Soak the bread crumbs in the water and add the onions.

Mix the beef, salt, bitters and egg in a bowl, then combine with the onion mixture. Chill and shape into small balls with floured hands. Saute in additional oil. Serve hot with mustard flavored with a few drops of bitters. Serves 10 as an hors-d'oeuvre.

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## **OUR RULES**

*No alcohol — No skipping meals — No counting calories*

**SOPHIE SHIBOU**

## *Recipes and Menus*

### **FRENCH DRESSING**

- 1 cup tomato juice
- 4 tbsps. vinegar
- 4 tbsps. green pepper
- 2 cloves garlic
- 2 tsps. Worcestershire sauce
- 1 tsp. salt
- 1 tsp. dry mustard
- ½ tsp. sucaryl

Combine all ingredients in blender for 2-3 minutes. Store in refrigerator.

— Dorothy Prober

### **BUTTERMILK DRESSING**

- 1 large cucumber
- 1 cup buttermilk
- 2 tbsps. finely chopped fresh mint
- ½ tsp. salt

Pare cucumber, cut into thin slices. Blend all ingredients. Store in refrigerator. Serve over mixed salad greens.

### **CHEESE AND ASPARAGUS SANDWICH**

- 1 slice toast
- Top with 1 slice cheese

Put under broiler until cheese is slightly melted, then top with asparagus. Then top another slice cheese. Broil until nicely browned.

— Dorothy Prober

### **TOMATO SOUP**

Heat 8 ounces of tomato juice. Mix in a dissolved bouillon cube, garlic powder, pepper and salt to taste.

### **MEAT BALLS AND CABBAGE**

Use ground veal. Make tiny meat balls. Shred cabbage, tomato juice, lemon juice, green peppers cut into small pieces, celery and onion powder, artificial sweetener. Cook covered until vegetables are soft.

*Good Health is essential —*

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Rhubarb cooked in a low-cal drink is delicious and unlimited.

### COFFEE MILK SHAKE

Put in mixing cups

$\frac{2}{3}$  cup powdered dry skim milk

2 tbsps. instant coffee

Pour into blender with two 8 oz. glasses of water, artificial sweetener to taste. Shake.

### COFFEE WHIP

1 envelope unflavored gelatin

$\frac{1}{2}$  cup skim milk

Artificial sweetener to taste

$\frac{1}{2}$  cup strong black coffee

$\frac{1}{2}$  tsp. vanilla

Dash of salt

Soften gelatin in cold water. Dissolve in hot coffee, add sweetener, vanilla and salt. Chill until syrupy. Beat thickened gelatin with beater until almost double in volume. Spoon into sherbet glasses. Chill until firm.

### POPCORN BOWL (for Nashers)

Cut into small pieces — green pepper, celery, cucumber, radishes, cauliflower, mushrooms. Add to this one or two fruits you have left from daily supply. Nibble to your heart's content.

### LO-CAL PUDDING (for your sweet tooth)

1 btl. any flavor low cal soda

1 pkg. gelatin

Pour all but  $\frac{1}{4}$  cup soda into pot and heat to boiling.

Combine  $\frac{1}{4}$  cup soda and gelatin. Add boiled soda. Pour into dishes.

### MALTED (for a Nasher)

1 cup skim milk

A few strawberries (or any fresh fruit)

Lo-cal sweetener

3 ice cubes

Place all ingredients in blender for about 30 seconds or until mixture froths. Delicious.

## Sample Menu

### BREAKFAST

1 orange

1 slice toast

2 heaping tbsps. cottage cheese

OR

1 egg

coffee - with skim milk

### LUNCHEON

6 oz. tomato juice

tuna mold

lemon dessert

1 slice bread

### DINNER

clear broth

steak — 6 oz. (after cooking)

combination salad

peas — one good helping

broiled grapefruit

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### STRING BEAN SALAD

Boil 1 pound string beans just long enough to get tender, drain and chill. Slice 1 can water chestnuts and 3 hard cooked eggs. Toss together lightly with beans. Heap in a lettuce lined bowl and serve with the following dressing.

#### Dressing

¼ tsp. thyme  
3 tbsps. lemon juice  
1 tsp. wine vinegar  
1 tbsps. minced onion  
2 tbsps. minced celery  
1 tbsps. minced parsley  
½ cup tomato juice

A few drops artificial sweetener.  
Blend together.

### COMBINATION SALAD

Lettuce torn up in small pieces with chopped tomatoes, celery, chives, cucumber. Above dressing.

### TUNA MOLD

1 tin tuna  
A few pieces green onions  
2 celery stalks cut up fine  
1 piece red pepper cut up fine

Serve on lettuce in a mold form with lemon wedges.

### FRESH FRUIT CUP

Fresh pineapple chunks  
Honey dew melon balls  
cantaloupe balls  
garnished with fresh strawberries.

### LEMON DESSERT

Knox gelatin  
Skim milk  
sweeten with sucaryl  
Juice of half lemon  
Fresh strawberries on top.

## *Rules for Using Meat and Poultry*

Select a maximum of 5 weekly Meat Meals from —

#### GROUP A

White Meat of Chicken  
White Meat of Turkey  
Liver, lungs, brains, kidney, heart, sweetbread

Select a maximum of 3 weekly Meat Meals from —

#### GROUP B

Beef, frankfurters, lamb, dark meat of poultry

LUNCHEON — 4 oz. boneless cooked meat or poultry

DINNER — 6 oz. boneless cooked meat or poultry

Add two ounces to get weight of uncooked meat.

Add two ounces more if bone has to be removed.



## *notes*

## ***notes***



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